

Tools For Action

An inventory of nutrition and physical activity interventions in Wisconsin

Program Name

WINGS/ Healthy Children, Strong Families

Contact Information

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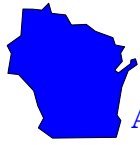
Program Information

Type of Program Coalition
Year Coalition was Formed Due to begin 2006
Primary program focus Both Physical Activity & Nutrition
Region Northeastern
County Menominee
Coalition Web Site Address www.fammed.wisc.edu/research/projects/wings.html

Program Information

Represented Groups on Coalition Community Health Care Schools University UW-EX	Represented Professions on Coalition Citizen Rep Dietitian Educator Health Care Admin Nurse Physician
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A Wisconsin Nutrition and Physical Activity Program



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Intervention Name

WINGS/Health Children, Strong Families

Intervention Information

Type of Intervention:	Physical Activity & Nutrition Resource
Focus Area:	General Physical Activity & Nutrition
Intervention Site or Setting:	Other
Scope of Intervention:	Individual sites
Target Audience:	American Indian, Both genders, Ages 1-4
Total Population in Area Served:	8000
Number of Participants:	20
Implementation Status:	1-yr planning/development phase, 1-yr intervention delivery phase, 1-yr follow-up

Partners:	Great Lakes Inter-Tribal Council
Unique Funding:	
Evaluation:	Health Indicator – health data annually Impact on Knowledge, Attitude & Behavior Survey and Direct Observation – semi-annually Service data – Monthly
Evidence-Based or Best Practice based on	

Products Developed or Materials Used:

Intervention is currently in the planning phase: plan is to develop a tool-kit with 15 culturally appropriate lessons. Lessons will include nutrition-, physical activity-, and parenting-related topics.

Intervention Description:

Lessons will be delivered by trained Mentors to families with young children, in a series of home visits along with a few Mentor-led group activities. Lessons/activities will be interactive, designed to increase caregivers' knowledge base, self-efficacy skills, and family support needed to make and sustain behavior change. Goals are to prevent obesity in at-risk American Indian children aged 3-5, and increase parental awareness/knowledge of health risks associated with overweight and obesity.

A Wisconsin Nutrition and Physical Activity Intervention